

equate®

Compare to
One A Day®
Women's*

One Daily™

Women's

**Multivitamin/Multimineral
Supplement**

Supports:

- Bone strength**
- Breast health**
- Heart health**
- Reproductive system**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Actual Size

**100
TABLETS**

Directions: Adults: One tablet daily, with food.

Do not use if printed seal under cap is broken or missing

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (20% as beta-carotene)	2500 IU 50%	Niacin	10 mg 50%	Iron	10 mg 100%
Vitamin C	60 mg 100%	Vitamin B6	2 mg 100%	Magnesium	50 mg 13%
Vitamin D ↑	1000 IU 250%	Folic Acid	400 mcg 100%	Zinc	15 mg 100%
Vitamin E ↓	22.5 IU 75%	Vitamin B12	6 mcg 100%	Selenium +	20 mcg 29%
Vitamin K ↓	25 mcg 31%	Biotin	30 mcg 10%	Copper	2 mg 100%
Thiamin (Vitamin B1)	1.5 mg 100%	Pantothenic Acid	5 mg 50%	Manganese	2 mg 100%
Riboflavin (Vitamin B2)	1.7 mg 100%	Calcium (elemental)	500 mg ↑ 50%	Chromium	120 mcg 100%

INGREDIENTS: Calcium Carbonate, Magnesium Oxide, Acacia, Ascorbic Acid, Microcrystalline Cellulose, Croscarmellose Sodium, Ferrous Fumarate, Calcium Silicate, Dicalcium Phosphate, dl-Alpha Tocopheryl Acetate, Titanium Dioxide, Dextrin, Zinc Oxide, Stearic Acid, Hypromellose, Mucicamida, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Manganese Sulfate, Calcium Pantothenate, Dextrose, Cupric Sulfate, Lecithin, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Vitamin A Acetate, Folic Acid, Chromium Chloride, FD&C Yellow #5 Aluminum Lake, Beta-Carotene, FD&C Yellow #6 Aluminum Lake, Sodium Selenate, Phytonadione, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Biotin, Cyanocobalamin. **CONTAINS: SOY**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CAUTION: If you are taking any medication or are planning any medical procedure, consult a doctor before taking this product. If you are pregnant or nursing a baby, ask a doctor before using this product. Store in a dry place at room temperature (59°-86°F).

Questions or comments?
1-888-287-1915

Satisfaction guaranteed - for
questions or comments please
call 1-888-287-1915.

Distributed by: Wal-Mart Stores, Inc.,
Bentonville, AR 72716.
© Wal-Mart Stores, Inc.

*This product is not
manufactured or
distributed by Bayer
HealthCare LLC, distributor
of One A Day® Women's.

